

WATER FITNESS SUMMER SESSION

Beginning June 5, 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|-------------------------------|
| H ₂ O INTERVAL 6:00-6:45 am Corky | WATER RUNNING 7:00-7:45 am (Outside) | H ₂ O INTERVAL 6:00-6:45 am Corky | WATER RUNNING 7:00-7:45 am (Outside) | WATER IN MOTION 6:00-6:45 am | |
| WATER FITNESS CHALLENGE 9:00-9:45 am | AQUA ZUMBA 9:00-9:45 am (Outside) | WATER IN MOTION 9:00-9:45 am | AQUA ZUMBA 9:00-9:45 am (Outside) | WATER FITNESS CHALLENGE 9:00-9:45 am | WATER FITNESS 9:00-9:45 am |
| *MS/ARTHRITIS "PLUS" 9:50-10:35 am \$22/\$66 | | *MS/ARTHRITIS "PLUS" 9:50-10:35 am \$22/\$66 | | *MS/ARTHRITIS "PLUS" 9:50-10:35 am \$22/\$66 | |
| WATER FITNESS 10:40-11:25 am | ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 am | WATER FITNESS 10:40-11:25 am | ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 am | WATER FITNESS 10:40-11:25 am | |
| * ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 11:30 am-12:15 pm Gwen | * ARTHRITIS WATER EXERCISE (THERAPY POOL) \$17/\$51 11:30 am-12:15 pm | * ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 11:30 am-12:15 pm Gwen | * ARTHRITIS WATER EXERCISE (THERAPY POOL) \$17/\$51 11:30 am-12:15 pm | * ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 11:30 am-12:15 pm | |
| ACTIVE OLDER ADULT WATER FITNESS 2:00-2:45 pm | SILVER SNEAKERS SPLASH 1:00-1:45 pm | ACTIVE OLDER ADULT WATER FITNESS 2:00-2:45 pm | SILVERS SNEAKERS SPLASH 1:00-1:45 pm | ACTIVE OLDER ADULT WATER FITNESS 2:00-2:45 pm | |
| * ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 5:00-5:45 pm Phil | | * ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 5:00-5:45 pm Phil | | * ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 5:00-5:45 pm Phil | |
| WATER FITNESS 6:30-7:15 pm | | AQUA ZUMBA 6:30-7:15 pm Lori | | | |

Water Fitness classes are held in the Lap Pool unless otherwise noted. Classes listed in the shaded boxes require registration and fee. Member price/non-member price. Classes with consistent low enrollment may be cancelled.

Updated 5/12/17